

Mediator's toolbox

Fair play mediation tools



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VAR 4 Fair Play – Enhancing the experience of fair-play in football

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INTRODUCTION

Fair play is more than just following rules — it means respect, integrity, empathy and positive communication on and off the field. It is an ongoing process.

As a mediator, your role is essential: you facilitate experiences that go beyond football, shaping players into respectful and mindful individuals.

This guide introduces practical tools and structured activities to support interactive, engaging, and value-centered football sessions.

List of fair play tools

	Tool	Purpose	Inspiration/Author
1.	Dice of Values	Promote fair play values	Project team
2.	Emotion & Value Cards	Emotional reflection	Project team
3.	Ball with Emotions	Emotional expression	Project team
4.	Fair Play Reflection Worksheet	Emotional reflection	Project team
5.	Trust Box	Learning through play	Fair Play Point
6.	Non-Verbal Evaluation & Reflection	Inclusive feedback	Project team
7.	Green & Blue Feedback Cards	Awards individual & team fair play behavior	Fair Play Point & Fútbol Más
8.	Rule Cards & Pictures	Rule reinforcement	Project team
9.	LEGO Bricks	Visual fair play tracking	Project team
10.	Changing Roles	Understand and develop fair play attitudes	Trenuj Bycie Dobrym
11.	Reflection Cube	Emotional reflection	Trenuj Bycie Dobrym
12.	Fair Play Memory Game	Learning through play	Fair Play Point

Extra tools:

- 13)** Silence football (Második Esély Sportegyesület – MESE 2.0)
- 14)** Fair Play evaluation sheetpaper (Trenuj Bycie Dobrym)

01

DICE OF VALUES



What is the *Dice of Values*?

It's a classic six-sided dice (*can be made of foam, cardboard, or plastic*), where each side represents **a different fair-play value**. You can decorate the die with symbols, icons, or simple text.

Example Values

- 1 Communication
- 2 Teamwork
- 3 Respect
- 4 Empathy
- 5 Courage
- 6 Fairness

How to use the Dice of Values?

The mediator rolls the die. The value shown becomes the main theme or focus for the session. The mediator might say, e.g.: *"Today we'll focus on teamwork – observe how well you communicate and collaborate with your teammates."*

After the Game: A player rolls the die. They share a situation from the game that reflects the rolled value.

Alternatively: The player acts out a short scene that demonstrates the value, and others guess which one it is.

Variations and Modifications

1 to 6 questions – Prepare a set of cards with 6 questions each related to a specific value

XXL Dice made from soft foam – great for use on the field, use colorful icons or drawings instead of numbers (*e.g. heart = empathy, speech bubble = communication*)

Team rolls – whole teams roll the dice and discuss the value together

02



EMOTION & VALUE CARDS

How the Values Cards look like?

Emotion/Value Cards are small visual or textual cards, each representing:

- An emotion (e.g. joy, frustration, pride, fear),
- A value (e.g. respect, fairness, courage, teamwork)

They may include

- Icons or emojis
- Simple drawings or photographs
- Words or short phrases
- Color coding (e.g. warm colors = emotions, cool colors = values)

These can be purchased (e.g. Dixit cards, emotion decks) or handmade by players/educators.

How to use Values Cards in Fair-play sessions?

During Reflection / after the game: Spread the cards on the floor or table. Each player chooses one card that best represents what they felt or valued during the session.

Players take turns explaining

- Why they picked the card?
- When they felt that emotion or saw the value in action?
- How it influenced their behavior?

Example: "I picked the 'respect' card because I saw my teammate help an opponent up after a fall." "I felt 'frustrated' when we lost the ball, but I used teamwork to stay focused."

Variations

Use blank cards and let children create their own emotions/values

Include scenario cards – Match an emotion/value to a short story or drawing

Use in non-verbal ways – Players place a card next to their water bottle to express how they feel



03

BALL WITH EMOTIONS



What is the *Ball of Emotions*?

The Ball of Emotions is a regular ball (*football, foam ball, or soft inflatable ball*) decorated with **emotions** — either written words (e.g. *happy, angry, proud*) or visual symbols/emojis.

Each section of the ball represents a different feeling, helping players recognize, name, and talk about their emotions in a playful way.

This tool makes it easier for participants – especially younger ones – to connect emotions to experiences during the session.

How to use Ball of Emotions?

Prepare the ball with visible emotions or stickers/emojis.

At the end of the session: Gather players in a circle. Pass the ball from player to player. When a player catches the ball, *they*:

- **Look at the emotion** under their right/left hand (*choose one rule before starting*)
- **Share a short moment** from the session when they felt that emotion. **Example:** *"I felt proud when our team defended well"*. Continue until everyone has had a turn or voluntarily.

Variations

Warm-up version – Use at the start of training to share emotions from the day before the game begins

Silent round – Players express the emotion using facial expressions or gestures instead of words — others guess the feeling

Team reflection – Pass the ball only within a team, and they share emotions they saw in each other

Value swap – Replace emotions with values (*respect, teamwork, fairness*) to focus on behavior rather than feelings

04

FAIR PLAY REFLECTION WORKSHEET



What is *Fair Play* Reflection Worksheet?

In order for players to realise the link between situations on the pitch and off the pitch, you can use the following analogies.

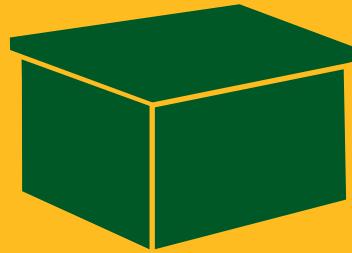
Asked if they have noticed any of those situations in the match or session. Then ask the players if they can think of a similar situation in real life.

Examples of on the pitch and in real life analogies

Feel free to add
or adapt any
of those situations

	on the pitch	off the pitch
1.	I argued with the referee or mediator because I disagreed with their decision	I argued with a teacher or boss when they made a rule I didn't like
2.	I passed the ball instead of taking the shot myself	I let a friend take the lead on a group project instead of trying to do everything myself
3.	I lost control of my emotions and got negative out of frustration	I got angry verbally or physically as I failed to deliver on a task at work or school
4.	I encouraged a teammate after they made a mistake	I supported a classmate or colleague after they failed a task
5.	I stayed focused and calm despite opponents, team mates or the trainer shouting at me or putting pressure on me	I concentrated on studying or working even when others were distracting me or when I got into a stressful situation
6.	I apologized after accidentally fouling another player	I said sorry after hurting someone's feelings
7.	I celebrated with my team after scoring a goal	I shared joy with friends or family after achieving something together
8.	I communicated well with teammates to organize our team and encourage each other	I worked effectively with colleagues and classmates and encouraged them while solving a problem at work or a school assignment
9.	I shook hands with my opponents after the match, even when it was tough	I showed respect to someone I disagreed with in a debate or argument

05



FAIR PLAY TRUST BOX

What is the *Fair Play Trust Box*?

The Trust Box is a physical or symbolic box, where players can drop in written notes about **their experiences** during training or match day.

It's designed to

- Give all players a voice, including those who are shy or less communicative
- Collect feedback (*what went well* , *what was difficult*)
- Build trust by ensuring anonymity
- Support continuous improvement of game days

How to use Trust Box?

Prepare a box (*decorated shoebox, container, or even a virtual version*). Provide slips of paper and pens. **Explain to players:** "You don't need to write your name. You can write anything about today's session — good or bad."

At the end of the session: Players place their notes inside the box. Mediator later reads and reviews the input (*either privately or shared as a summary*). **Follow-up:** Use insights to adapt and improve future sessions.

Variations

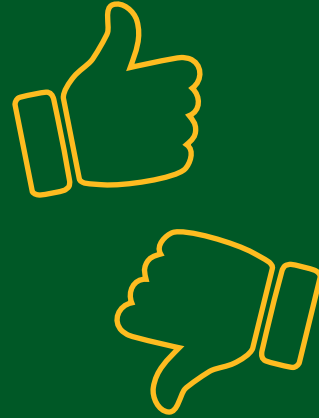
Happy & Sad box – Two separate sections for positives and negatives

Question of the day – Ask one specific question (*e.g., "When did you feel most included today?"*)

Creative box – Allow drawings , symbols, or emojis instead of words

Team reading – Pick a few anonymous notes and read aloud as reflection prompts (*keeping it safe & respectful*)

06



NON-VERBAL REFLECTION & EVALUATION TOOL

What is the *Non-verbal Reflection & Evaluation Tool*?

It's a method for expressing feelings, energy levels, and opinions **without speaking**. It helps all players — including shy individuals, young children, or those with limited language skills — to give feedback quickly and inclusively. Instead of verbal answers, players use body language, gestures, or movement to show how they feel.

Examples

Thumb signals:

- 👍 = great, okay
- 👎 = not good

Facial expressions: *smile, neutral, frown*

Body position:

- crouching low = tired
- standing straight = okay
- arms stretched high = full of energy

Sociometry: *Players stand on an imaginary line to rate a specific topic and represent how much or how low they disagree with something.*

How to use Non-verbal reflection & evaluation tool?

Introduce the method to players at the start of the session (*explain what each gesture or movement means*).

At the end of the session: Ask all players to show their reflection at the same time.

Example prompts: *"Show me with your body how much energy you have left." "With your thumbs, show me how much you enjoyed today."*

- **Observe patterns** – if many players show low energy or negative reactions, adjust future sessions
- **Optionally discuss** – invite volunteers to explain their choice, but keep participation optional

Variations

Emotion Line – Players stand along an imaginary line (*left = not happy, right = very happy*)

Energy Circle – Players step into the circle (*closer to the center = more energy*)

Movement Signals – Players jump if they had fun, squat if they are tired, stretch arms if they feel proud

Silent football – Alternatively if you would like to reinforce non-verbal communication skills, you can request the players to play the match also silently. Instruct the players to use only signs or sounds, while playing. Then pursue mediation with non-verbal communication.



07



BLUE AND GREEN CARD

What are *Blue and Green Cards*?

Blue and Green Cards are **positive alternatives to the usual yellow/red cards**. These cards become a symbol of appreciation, not punishment.

They are shown by the mediator, coach, or referee during a game to

- Highlight fair-play actions (*helping an opponent, showing respect, teamwork*)
- Motivate players by making good behavior visible and celebrated
- Encourage both individual efforts and team spirit

How to use Blue and Green Cards?

Prepare the cards (*laminated, clearly visible, like football cards*). Explain rules:

- **Green** = for individual fair play acts
- **Blue** = for whole-team fair play

During the game: When a fair-play moment happens, show the card immediately so everyone notices. Record who/which team got the card.

After the game / final day: Announce and celebrate the players/teams with the most green/blue cards.

Variations

Leaderboard – Keep weekly/monthly track of cards and celebrate top fair-play players/teams

Player-to-player cards – Let players also nominate each other for green/blue cards

End-of-day ceremony – Give symbolic awards or small prizes for fair play cards

Use the card only in the post discussion – as a way to reinforce the reflection and give as a reward for the whole process (*prediscussion, match and post discussion*), or to encourage players to give feedback to each other



08

FAIR PLAY RULE CARDS



What is a *Fair Play Rule Cards*?

Rule Cards / Pictures are **visual reminders of key fair-play principles and game rules**. These visuals are easy to hold up, display on a board, or place around the pitch.

Variations

Player-made cards – Players draw their own rule pictures

They can be

- **Illustrated cards** (A5/A6 size) with clear images
- **Simple icons or symbols** for younger players or those with limited reading skills
- **Short phrases paired with visuals** to strengthen understanding

Examples of rules illustrated on cards:

- Respect the referee/mediator/player
- Shake hands before/after match
- Help opponents when they fall
- Play honestly – no cheating
- Encourage your teammates

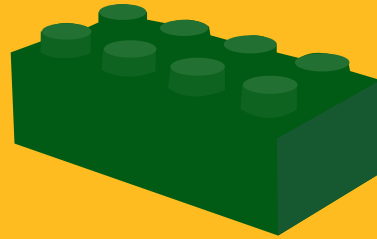
How to use the Rule Cards?

Choose 3–5 rule cards relevant to the session's focus. Show them to players and briefly explain the meaning of each. Optionally, ask players for examples of how to follow the rules.

During the game: Hold up or point to a card when the rule applies (e.g., show “Respect the mediator” if there’s arguing). Place cards at visible spots near the pitch as reminders.

After the game: Review the cards used during the session. Ask players which rules were followed well and which need.

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FAIR PLAY LEGO BRICKS

What is *Fair Play LEGO bricks*?

The fair play LEGO bricks tool uses small building blocks (*LEGO or similar*) as a visual and tangible way to **record acts of fair-play** during a game or training session.

Each brick represents one observed positive action — such as showing respect, helping an opponent, supporting a teammate, or playing honestly.

By the end of the session, the group builds a shared “**Fair-Play Tower**” as a visible celebration of their good behavior.

How to use Lego bricks?

Prepare LEGO bricks in various colors (*optionally assign colors to different values: e.g., red = respect, blue = teamwork*). Explain the rules: “*Every time I see an act of fair-play, we’ll add one LEGO brick to our team tower.*”

During the game: The mediator collects bricks or points them out to players who can add them themselves.

After the game: Gather the group and assemble all earned bricks into one tower. **Reflect:** “*What do these bricks represent? Which moments were the most important for you?*”

Variations

Color-coded values – Assign each fair-play value (*respect, courage, empathy*) a specific color so players see which values are most common

Team competition – Each team builds their own tower – highest or most colorful tower wins for the day

Story tower – After building, players tell a story where each brick represents a fair-play event they describe

Challenge build – Agree on a target shape (*castle, bridge*) that can only be completed by showing enough fair-play actions

10

CHANGING ROLES



What is *Changing roles*?

Changing Roles is a playful tool where participants **temporarily switch roles** within the football environment.

Instead of always being players, they may become

- **Player** – plays normally
- **Coach** – gives instructions, encourages
- **Fan** – cheers, motivates
- **Mediator** – supports communication and fairness

The goal is to let participants **experience different perspectives**, build **empathy**, and understand how each role contributes to the game.

How to use Changing roles?

Prepare role cards with simple names/icons. Distribute randomly: Each participant draws one before the mini-game.

During the game: Play for a short period (e.g., 5–10 minutes).
Rotate: After a round, swap roles so everyone tries different ones.

After the game: “What was difficult about your role?
What surprised you? How did this role affect your behavior?”

Variations

Extra roles – Add creative roles like “Parent”, “Organizer”

Reflection game – Players guess which role each person played and explain why

Role creation – Let children invent their own roles to explore



REFLECTION CUBE

What is *Reflection Cube*?

The Reflection Cube is a six-sided cube with **questions** written on each side.

It encourages players to

- Reflect on values of fair play
- Share personal experiences
- Build self-awareness and respect for others' perspectives

Example questions on the cube: *"What does fair play mean to you? When was the last time you helped someone? How can you support your team even when it's losing?"*

How to use Reflection Cube?

Prepare the cube with 6 short questions.

During the game: Players stand in a circle. Pass the cube from person to person. The player who receives it either:

- Reads the question under their finger
- Or chooses one of the written prompts

The player **answers briefly** (*no judgment, no pressure*).
Continue until all participants had a turn or time runs out

Variations

Silent cube – Instead of speaking, players act out the answer with gestures

Do your version – Players write their own questions on paper and glue them to the cube

Pair sharing – After rolling, answer the question with a partner instead of the whole group



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FAIR PLAY MEMORY

What is *Fair Play Memory*?

The Fair Play Memory Game is **an interactive group game that combines:**

- Classic memory rules (*finding pairs*)
- Fair play values and rules (*respect, honesty, teamwork, empathy*)

Instead of turning cards, participants represent rules themselves.

The game helps children and youth

- Learn fair-play values in a playful way
- Build team integration
- Improve attention and memory

How to play *Fair Play Memory* game?

Each pair of players chooses one **fair play rule** (e.g., “*Respect the mediator*”, “*Help opponents*”). They keep it secret. All players sit mixed up (*circle or square*). Two participants become guessers.

Guessing turn: The guesser calls the name of a seated participant. That participant stands up and says their chosen fair play rule. Then the guesser chooses a second player. If the rules **match** → that pair joins the guesser’s side. If **not** → the next guesser takes their turn.

End of game: The game continues until all pairs of rules are found.

Variations

Card version – Instead of verbal rules, use printed fair play cards

Team vs. team – Two groups compete to collect the most pairs

Creative rules – Let players invent their own fair play rules and use them in the game



SILENCE FOOTBALL

What is *Silence Football*?

Silence Football is a variation of the game in which **all verbal communication is restricted**. The silence rule creates a new challenge, encouraging players to develop awareness of space, anticipation and intuitive team play.

Players must rely on

- **Gestures** (*hand signals, pointing, clapping*)
- **Eye contact**
- **Body language and movement** to coordinate with teammates.

How to play Silence Football?

Set the rule clearly before the game starts – no talking, shouting, or calling names. **Choose the format:** Play the entire match in silence, or introduce segments (*e.g., 5 minutes silent/5 minutes normal*). **Observe behaviors:** Watch how players adapt with non-verbal cues.

After the game ask questions like: “What was difficult without words?” “What strategies helped your team?” “How can we transfer these skills to normal football?”

Variations

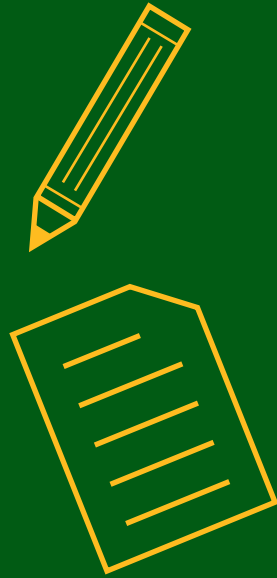
Silent + extra challenge – Combine silence with a fair-play task (*e.g., everyone must touch the ball before scoring*)

Mixed mode – One team plays silently, the other plays normally, then swap

Reflection twist – After the silent period, use non-verbal reflection tools to evaluate how it felt

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FAIR PLAY EVALUATION FORM



It is designed to help participants:

- Recognize everyday situations connected with respect, honesty, and teamwork
- Practice making judgments about behaviors
- Develop self-awareness and empathy

Example: *"You help a teammate after they fall."*

"Your friend pushes you on the stairs and doesn't apologize."

How to use Fair play Evaluation Sheetpaper

Distribute worksheets to each player (*or small group*). Read each situation out loud or let players read silently. In the columns ✓ / ✗, participants decide if the situation is **fair or not fair**.

Discuss answers: *Why did you mark it fair/not fair? How would you react differently?* **Summarize with a reflection:** what values of fair play were most important today?

What is the *Fair Play Evaluation*?

The Fair Play Evaluation form is an activity sheet containing **7–8 short scenarios** (*school, sport, friendship*).

Variations

Group voting – Instead of writing, participants vote with hand signs or move to fair/not fair corners of the room

Role-play – Act out situations and let others judge if it was fair

Add your own – Invite children to write/draw their own fair/not fair situations. Keep the same structure but focus on '**on the pitch/off the pitch reflections**', using the following examples:

In order for players to realise the link between situations on the pitch and off the pitch, you can use the following analogies. Asked if they have noticed any of those situations in the match or session. Then ask the players if they can think of a similar situation in real life.



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